

POTATOES IN HUANCAINA SAUCE

Sliced boiled «Huayro» potatoes covered with «Huancaína» sauce. Huancaína sauce is made with fresh Peruvian cheese, hot green yellow pepper, onion, garlic, milk and soda crackers. The dish is served garnished with hard boiled eggs, black olives and lettuce. This delicious hot creamy sauce is the quintessential traditional dish from Huancayo, an Andean Peruvian city.

Potato (*Solanum tuberosum*) was the most common crop in the Incan Empire. According to the International Center of Potato, the old Incas cultivated around a thousand varieties of potatoes. Today, more than two thousand varieties are known and we can find hundreds in any Andean market. Spaniards introduced potatoes to Europe in the XVI century.

Hot Pepper is one of the most significant legacies of the Incas to Peruvian cuisine. We still preserve that distinctive seal through the different types of hot pepper, «rocotos» and herbs, such as «huacatay».

About this dish, history tells us that during the construction of the Lima- Huancayo railroad, at the beginning of the last century, the workers had as a favorite dish some boiled potatoes accompanied by a rocoto sauce, fairly milled with cheese and oil that a lady took to sell to the railroad. The dish became so famous that when the workers didn't find it at noon, all of them would ask «When will the potatoes of the Huancaína (the lady from Huancayo) arrive?»



How do we prepare Potatoes in Huancaína Sauce?

Ingredients:

Yellow potatoes, hard-boiled eggs, black olives, lettuce, fresh cheese cut in cubes.

For the sauce: Hot green yellow pepper, fresh cheese, onion cut a la Julienne, milk, oil and salt.

Preparation:

Boil potatoes. Peel them hot. Fry the onions and cut the cheese. Remove veins and seeds from green yellow hot pepper and boil it. Then peel it, put all this into the blender and add milk and oil gradually while blending until you get the consistency of a sauce. Season with salt.

Tips:

Arrange potatoes on a lettuce leaf and cover them with the sauce. Garnish with slices of hard-boiled egg and black olives.

Don't gild the onions too much or it'll ruin the flavor. Use milk to thin the sauce or cheese to thicken it.

RICE WITH CHICKEN

This rice takes its characteristic color thanks to cilantro. Seasoned with beer, garlic, red hot pepper, ginger, carrot and peas, it always goes with gilded chicken.

Rice was introduced during the first 150 years of the Spanish presence in South America, as well as chicken. Cilantro was brought by the Spaniards as a result of an exotic Mediterranean influence due to the 800 years of Arabian occupation of Spain.

Surprisingly in a survey carried out at national level, we discovered that the dish which Peruvians like most is rice with chicken and green noodles with chicken in second place, surprising the ones who believed «cebiche» was the owner of our heart. Rice with chicken was originated in northern Peru and in its elaboration both autochthonous and Spanish products are used. Try the «sachaculantro» (*Eryngium foetidum*), aromatic grass of the Peruvian forest and a relative of the well-known cilantro.



How do we prepare Rice with Chicken in our lodges?

Ingredients:

Rice, chicken pieces, black beer, salt, oil, mashed garlic paste, yellow hot pepper paste, chopped onions, cilantro and blended sachaculantro, chicken broth, green peas, carrots cut in cubes, bell pepper cut in strips, turmeric, cumin, salt and pepper.

Preparation:

Macerate chicken pieces in the black beer with anticipation. Gild the chicken, remove from fire and set aside. In the same oil lightly fry the garlic, turmeric and yellow hot pepper. Add the chopped onions. Let it all cook. Add cilantro, chicken broth and chicken pieces for 15 minutes. Set aside. Add rice and season with salt. Add the peas, carrots, bell pepper in thick strips and chicken pieces again. Let cook 10 minutes more and serve.

Tips:

Creole sauce is a must to accompany this dish. Always wash the rice with water.

To prevent that some pieces get too dry while others are very juicy, remove first the breasts, which cook faster and leave the legs cooking for a longer time.

Vegetarian: GLUTEN MEAT AND RICE

Our choice is to replace the chicken for Seitan meat, and enjoy an excellent locally prepared vegetarian option

Seitan or Gluten

Seitan is a food originated in Japan. It has the appearance of a brown mass and is also known as gluten, the wheat protein, which is obtained by treating the grain. Gluten is present in many cereals and is normally obtained from wheat by a washing and kneading process, separating the starch. It is also commonly known as «vegetable meat» and it's an excellent way to make the most varied and complete diet. The taste of this food is very soft, easy to digest and its energy value is reduced, about 125 calories per 100 grams.

Dessert: APPLE CREPÉS

An internationally well-known dish of European origins. Crêpes are locally known also as pancakes. Cooked dough made of milk, flour, eggs, and butter. They can be sweet or savory according to what accompanies them. Let us now invite you crepes with apples sautéed in caramel, vanilla, cinnamon and rum. Bon appétit!



LEEK CREAM

Delicious smooth leek cream (*Allium porrum*) with potatoes and butter. Leek belongs to the family of onion, Chinese onion and garlic. It is disinfectant and diuretic. It also contains a great quantity of vitamin C. History tells the emperor Nero consumed leek to keep a good voice in the song festivals of the time. Leek cream has a soothing effect as is also a digestion aid, helping to relieve colics, gasses and upset stomach. It is low in calories and high in fiber and it helps to control high blood pressure.

How do we prepare our Leek Cream?

Ingredients:

Leek, butter, flour, milk, salt and pepper. Croutons (optional)

Preparation:

Chop the leek, cover it in water and cook it. Blend. Melt the butter; add the flour and the blended leek revolving well. Add water or vegetable broth and boil. Finally add the milk and croutons.

Tip:

Strain before serving.



CHICKEN IN BRAZIL NUT SAUCE

Gilded chicken pieces seasoned with salt and pepper and covered in an extraordinary and very aromatic local Brazil nut sauce. All Brazil nut has been collected from natural forests of Tambopata. Brazil nut (*Bertholletia excelsa*) is a highly nutritious seed, with large amounts of proteins (equivalent to milk) and amino acids. The oil is easy to digest and is rich in phosphorus and calcium.

Refugio Amazonas Lodge has a project with the local Brazil nut harvesters («castañeros») which provides them with chicken meat and beef to ensure that they don't hunt in the area.

Our chefs have each their own home culinary secret, giving this dish a personal touch of taste at every lodge. Bon appétit!!!

How to prepare Chicken in Brazil Nuts Sauce?

Ingredients:

Chicken, Brazil nut, onions, garlic, eggs, oil.

Preparation:

Cut chicken into individual pieces, fry well until evenly gilded. Cut fresh Brazil nuts into small slices. Mix them with the batter and coat the chicken pieces into this mixture. Finally bake the chicken.

Tip:

Keep in the oven until chicken is brown and Brazil nuts crunchy!



CARAPULCRA

Since ancient times in the Andes a well-known technique for dehydrating potatoes outdoors was used in the Puna. K'alapurca was the name of a potato stew made on hot stones.

Let's also recognize the influence of black African Angola, Congo and Guinea in colonial times in the use of entrails and seasoning food with herbs and hot peppers in the haciendas of the Peruvian coast since XVI century of the colony, especially at the cotton haciendas in Chinchá, and the rice and sugarcane haciendas in Piura and La Libertad. Carapulcra is a fusion of the zambo and the cholo, racial mixtures by the use of dehydrated potatoes, hot peppers, herbs, peanuts, liqueur and entrails and pork. From the oppression of slavery to the independence of the flavors and a good table!

How do we prepare the famous Carapulcra?

Ingredients:

Crumbled dry potatoes, pork meat, chopped onion, garlic paste, «panca» hot pepper paste, «mirasol» hot pepper paste, red wine, meat broth, peanut, cloves, cocoa or «Sublime» peanut chocolate, oregano, salt and pepper.

Preparation:

Toast dry potatoes together with cloves. Soak in cold water for one day if possible. Cut pork meat in pieces, season with salt and pepper and gild them in oil. Toast peanuts and mince them. Lightly fry onions, garlic paste and both hot pepper pastes. Add wine and simmer until alcohol evaporates. Add potatoes and meat broth and let cook until meat is tender. Add peanuts and chocolate. Check the season.

Tips:

We recommend «Sublime» peanut chocolate instead of cocoa. You can also add some cinnamon to season. Soak the dry potatoes overnight.



Vegetarian: VEGETABLE SOUFFLÉ

The soufflé is a quick, easy and healthy recipe. It can be flavored with a variety of vegetables, such as: cauliflower, carrots, corn, blanched peas, onions among others. It's a light meal prepared in oven with beaten egg whites until stiff and combined with other ingredients, served as a main dish or dessert. The word comes from the past participle of the French verb *souffler* meaning 'blow' or 'inflate'.



Dessert: PUDDING CAKE

Pudding cake is a dessert of British origins which can be served hot or cold. The dough is made of different ingredients depending on the recipe: bread crumbs, biscuits, rice, semolina, etc. bound with eggs and topped with varied fruits. Our delicious pudding has fresh milk, vanilla, pineapple, cinnamon, rum, raisins and we serve it caramelized.



CAUSA LIMEÑA

The base of the «causa» is made of Yellow potato, boiled, peeled, mashed and seasoned with garlic, salt and pepper and stuffed in two layers that contain an excellent mixture of ingredients that combine the green hot pepper, bell pepper, green peas, carrot, avocados, onions and finally tuna fillet.

The Causa Limeña dates from the colonial times and its name comes from the Quechua word «Kausay» which means necessary sustenance, food. Potato is a very nutritious and energizing food due to its starch quantity. It contains 77% of water and 18% of starch with a not high caloric value of 80 calories for each 100 gr., which means it has fewer calories than bread, pasta or rice. 99.9% fat free and 100% cholesterol free. It has vitamins such as niacin and vitamin C, and minerals such as potassium and iron.

How do we prepare Causa Limeña?

Ingredients:

Yellow potatoes, yellow hot pepper paste, oil, lemons, canned tuna fillet, onions, mayonnaise, avocados, hard-boiled eggs, olives, lettuce leaves and salt.

Preparation:

Boil potatoes. Peel them hot and mash them. Let cool and add the yellow hot pepper paste, the oil, and the lemon juice, mix and season with salt. In a bowl mix tuna, onion and mayonnaise. Cut the hard-boiled eggs alongside. Arrange the mashed potatoes in a layer. Put the tuna mixture over and slices of avocado above it and then another layer of mashed potatoes. Finish placing the hard-boiled eggs and olives on top.

Tips:

Serve Causa on lettuce leaves. Don't forget to peel and mash potatoes when they are hot. It's easier this way. For each potato add a tablespoon of yellow hot pepper paste, two spoonfuls oil and ¼ of a lemon.



PERUVIAN LOIN SAUTÉE:

Chopped fine loin seasoned with soy sauce, cumin and pepper, combined with french fries, tomato and julienne cut onions.

The most dramatic impact in Peruvian cuisine would be in XIX century at the arrival of the Chinese who came to Peru to work in the railroads, sugar and cotton haciendas and the guano industry. Once again the Peruvian cuisine became richer with the discovery of new flavors. The Chinese light fry technique put together for the first time in the same frying pan the Peruvian red hot pepper and the Chinese soy sauce. Nowadays the sautéed loin is one of favorite dishes of Peruvian families.

Onions (*Allium cepa*) are native from Iran y Pakistan. They arrived to America on Columbus 2nd trip. Onions are rich in minerals and elements such as calcium, magnesium, copper, iron, phosphorus and iodine. They reduce blood levels of cholesterol, triglycerides and uric acid.



How do we prepare Peruvian Loin Sautéed in the lodge?

Ingredients:

Loin cut in strips, salt and pepper, garlic paste, oil, chopped tomato, red onion in thick strips, vinegar, soy sauce, yellow hot pepper, french fries.

Preparation:

Season meat with salt, pepper and garlic. Stir fry meat at very high fire for a couple of minutes until it is gilded and juicy. Add tomato, hot pepper and onion, incorporate vinegar, soy sauce and check taste.

Tip:

Always serve with french fries. Accompany also with rice prepared with corn grains. It should always be prepared at very high fire.

CHICK-PEAS:

Chick-peas, (*Cicer arietinum*), round and small legume of soft flavor, will be the perfect complement for the sautéed loin. Chickpeas are native from West Asia. They are rich in calcium, of which they have even greater proportion than milk. They also have significant amounts of potassium, iron and phosphorus.



Vegetarian: SAUTÉED GLUTEN MEAT

Our choice is to replace the loin for Seitan meat, and enjoy an excellent locally prepared vegetarian option.

Seitan or Gluten

Seitan is a food originated in Japan. It has the appearance of a brown mass and is also known as gluten, the wheat protein, which is obtained by treating the grain. Gluten is present in many cereals and is normally obtained from wheat by a washing and kneading process, separating the starch. It is also commonly known as «vegetable meat» and it's an excellent way to make the most varied and complete diet. The taste of this food is very soft, easy to digest and its energy value is reduced, about 125 calories per 100 grams.

Dessert: Mango Mousse

Mousse has French origins and it means «lather» due to the spongy texture of the dessert. The base is made of egg whites or cream whipped about half way or Chantilly and mixed with the desired basic cream, which in this case is mango (*Mangifera indica*). Mangoes were brought by the Portuguese from India and adapted very well in the Americas. Enjoy this delicious dessert!



SQUASH CREAM

Huacatay (*Tagetes minuta*), ginger and garlic give its characteristic flavor to this cream prepared also with potatoes, milk and cheese and squash. In Peru we generally use «Loche» squash (*Cucurbita moschata*), relative of pumpkins, of medium size and golden flesh and of the much bigger «Macre» squash (*Cucurbita maxima*), which is instead yellow.

How do we prepare our Squash Cream?

Ingredients:

Squash, finely sliced onion, mashed garlic, flour, milk, butter, salt and pepper.

Preparation:

Peel and slice squash. Melt butter and fry in it onion and garlic with some oil to prevent burning. Add squash and water, salt and secret seasonings and boil until cooked. Drain it, put it in a pot and put back onto the fire. Add the flour previously dissolved in cold water, let boil and add milk

Tip:

It is delicious accompanied by croutons fried in butter.



LASAGNA

In 1840 the greatest Italian immigration to Peru took place. Nevertheless, the conqueror Pizarro had already brought some Florentines, Venetians and Genovese. We even had an Italian viceroy in 1716: Carmine Nicola Caracciolo, who promoted the foundation of the National Major University of San Marcos. Already in 1840 a Napolitano, Jose Coppola, cook of Viceroy Abascal opened a boardinghouse where some Italian plates with Peruvian ingredients were introduced. Thus the «torta pascualina» became our chard pie, «trippa alla Fiorentina» was transformed into our popular «mondonguito a la Italiana» and they came in stage «polenta», pizza and the extraordinary lasagna that today we put in your table.

How do we prepare our Lasagna?

Ingredients:

«Wantán» dough, white sauce, «tucó» (tomato sauce, also «red sauce» in Spanish), cheese and butter.

Preparation:

In a greased mold, put wantán layers, spread the red sauce and put another wantán dough layer, spread the white sauce next, repeat the process as desired and finish up with a wantán layer. Dust grated cheese on top. Cover with butter chunks and bake.

Tip:

You can use wantán dough, which is similar to lasagna pasta.



Vegetarian: SPINACH AND EGGPLANT LASAGNA

How do we prepare our Vegetarian Lasagna?

Ingredients:

Layers of eggplant (*Solanum melongena*) instead of the wantán dough, spinach, mushrooms and ricotta for the filling, white sauce, cheese and butter.

Preparation:

In a greased mold, put the eggplant slices, spread the white sauce and put a layer of spinach and mushrooms, add more white sauce and repeat the process finishing up with a layer of eggplant and cheese on top. Cover with butter chunks and bake.

Tip:

Eggplants slices should be previously soaked in salt to remove iodine and that bitter taste.

Dessert: LÚCUMA or SAUCO MOUSSE

Mousse has French origins and it means «lather» due to the spongy texture of the dessert. The base is made of egg whites whipped about half way or Chantilly cream and mixed with the desired basic cream. This time we will taste «lúcuma» (*Pouteria sp.*), a native Peruvian fruit, well known and documented since times before Christ. Enjoy this delicious dessert!



PORK CHOPS IN COCONA SAUCE

Cocona (*Solanum sessiliflorum*) is a very aromatic tropical fruit native of the Amazon basin. It belongs to the tomato family and it is perfect for making sauces. Cocona is rich in iron and vitamin B5 (niacin). It is extremely beneficial for diabetes and hypertension. You can see it live in the field when we visit the farms our lodges work with.

How do we prepare our Pork Chops in Cocona Sauce?

Ingredients:

Pork chops, salt, pepper and oil to seal the meat, cocona, butter and sugar.

Preparation:

Sear chops in abundant oil and then bake them with broth on the bottom.

To prepare the sauce reduce cocona juice with butter and sugar in a pan and thicken with flour, «manioc» (manioc flour) or cornstarch diluted in cold water.

Tip:

You can use a little sugar if you think the sauce is too acid for your taste



RICE WITH MIXED VEGETABLES

Rice is the favorite side dish in Peruvian gastronomy. What better than a tasty rice with vegetables to accompany any delicious stew. A dish showy for and in the seed as an era its colors and of easy digestion, this dish is native to the Peruvian Coast.

How do we prepare our Rice Mixed with Vegetables?

Ingredients:

Rice, onion, garlic, carrots, peas, corn, green beans, bell peppers, salt, pepper and vegetable oil.

Preparation:

Heat the oil; add the onion cooking it for a few minutes and the garlic. When the onions are translucent add the carrots, green beans, bell peppers and peas. Add enough water to cook the measured amount of rice and boil for 10 minutes. Add the rice, corn, salt and pepper and bring to a boil again. Cover the pot, lower heat until the rice is cooked and has a perfect graining. Check seasoning if necessary.

Tip:

Preparation:

You can make the dish more appealing by coloring the rice yellow with turmeric or red with tomato paste.

This rice can be eaten alone and is very good side dish to any stew.



Vegetarian: MEATLESS OLLUQUITO

«Olluco» (*Ullucus tuberosus*) is a very attractive variety of potato. Yellow and pink colored, native of the Andean region of South America, this tuber is an important carbohydrate source, containing 14% starch and sugar and 1% protein. Additionally it contains 23 mg of vitamin C per 100g. Every October 5th, the Andean peoples of Peru celebrate the day of the Olluquito, whose most famous festival is Ayamarca in Huancavelica. For the famous Peruvian chef Gastón Acurio, Ayamarca is where you eat the best Olluquito in Peru.

How do we prepare our Meatless Olluquito?

Ingredients:

Garlic, vegetable oil, onion, yellow hot pepper, chopped olluquito, salt, white pepper and yellow potatoes.

Preparation:

Prepare a dressing with the oil, mashed garlic, brunoised onion, pepper and finally the yellow hot pepper, let cook until it holds. Add chicken stock, thinly julienne olluco and chopped potatoes. Check the salt. Cook and finally add huacatay sprigs.

Tip:

Olluco must be washed up to four times to avoid it getting sticky or gummy.



Dessert: PASSIONFRUIT DELICACY

This is a delicious dessert of very smooth texture and easy to make, it is not baked and we can use our favorite fruit. The base is egg whites whipped until stiff with sugar and passion fruit juice. Condensed milk is added and beaten egg yolks folding to have the required texture.

Then it is put into molds and refrigerated for a few minutes. Garnish and its ready!



QUINOA SOUP

Quinoa (*Chenopodium quinoa*) was a crucial native product in the pre-Hispanic Andean civilizations. Considered sacred for the Incas; they called it «mother grain». In the sowing time, the first furrow on the ground was dug in a ceremony with a golden tool. Quinoa is thought to be native of the Titicaca Lake in Puno due to remains found in pre-Hispanic tombs two thousand years old. Quinoa is harvested above 3500 meters above sea level. Quinoa has a great nutritional value and it is of generalized use in the Andean zone.

How do we prepare our Quinoa Soup?

Ingredients:

Very well washed quinoa, oil, garlic, yellow hot pepper, cumin, salt and pepper, potatoes, chives, chopped fresh cheese, finely chopped cilantro and shredded hard egg.

Preparation:

Boil the quinoa in water, cook 10 minutes. Strain quinoa, reserving the water. Put hot pepper, garlic and cumin in hot oil; add salt and the peeled potatoes cut in cubes, add the water of the strained quinoa and boil until potatoes are soft. Finally, add quinoa, and chives. Turn off the fire and add the fresh cheese and cilantro. Check salt and pepper.

Tip:

Serve with finely chopped hard eggs over.



PESTO SPAGHETTI WITH BAKED CHICKEN:

The original recipe of the Pesto Sauce is Italian, made with basil and pine kernels. The Peruvian preparation includes basil, spinach and pecans instead of pine kernels. The main contribution of the Italian culture to the Peruvian cuisine was undoubtedly noodles, massively brought between 1840 and 1880 together with polenta, minestrone, pizza and fugazza.

How do we prepare Pesto Spaghetti?

Ingredients:

Spaghetti, butter, spinach, basil leaves, mashed garlic, evaporated milk, mashed Brazil nuts and grated fresh cheese.

Preparation:

Melt butter in a pan, add spinach, basil and garlic, cook 5 minutes. Blend this with half of the milk. Add the rest of the milk, Brazil nuts, and half of the grated cheese. Once well cooked, add the noodles and the other half of the grated cheese

Tip:

Accompany with baked chicken. Cook the spinach - basil sauce on low fire to avoid burning the bottom.



PATACONES AND FRESH SALAD

Patacones are a side dish made of plantain fried twice. After the first fry, they are mashed and fried again a second time. Then they are served in a patty shape. Really tasty!



Vegetarian: PESTO SPAGHETTI WITH LENTIL HAMBURGUERS

Our choice is to replace chicken with the lentil burgers, and enjoy excellent locally prepared vegetarian option.

How do prepare our Lentil Burgers?

Ingredients:

Raw lentils, garlic cloves, onions, olive oil, salt and pepper.

Preparation:

Soak lentils for a couple of hours, strain and wash them well. Blend them into a fine paste. Chop onions and garlic in a fine julienne and add the lentils. Add salt, pepper and ground cumin mixing all well. Let the mixture stand a few minutes. Shape the burgers by hand and fry them hot oil on both sides.

Tips:

If the texture of the dough is not the ideal, use breadcrumbs or flour.

The oil should not be too to avoid burning them nor too that they come out oily.

Dessert: JUNGLE STYLE RICE PUDDING

Cook the rice with cinnamon and cloves with water just to cover it. Simmer it covered until grainy. Add condensed milk, evaporated milk and sugar to taste. Once cold you can mix the rice pudding with a delicious «cocona» (*Solanum sessiliflorum*) syrup. Serve and enjoy!



POTATO PIE

The potato pie is a dish consumed mainly in South American countries. It is based on an English dish known as Cottage Pie, originated in the late seventeenth century when the potato became a staple in Europe. The difference is basically that in Peru ground beef is not added, since the dish usually accompanies stuffed hot pepper which contains ground beef filling.

Potato pie is made of thin potato slices bound with milk and eggs, accompanied by cheese.

How do we prepare our Potato Pie?

Ingredients:

White potatoes, evaporated milk, aniseed, eggs, butter, «paria»cheese, oregano, pepper and salt.

Preparation:

Boil potatoes for 30 minutes, peel and cut them into slices. In a bowl mix well the eggs, milk and seasonings. Grease the pan with butter and place a layer of potatoes and then a layer of grated or thinly sliced cheese. Add the egg mixture and bake 30 minutes.

Tip:

Use fresh cheese for the cake!



STUFFED ROCOTO HOT PEPPER

Very colorful traditional Peruvian dish, originally from Arequipa. This bright red stuffed pepper is usually made with «Rocoto» (*Capsicum pubescens*), but can be done with bell pepper also (*Capsicum annum*). The peppers in this dish are filled with ground meat and cheese and seasoned with cumin and parsley. It's a classic of southern Peru. It is most usually accompanied with potato pie.

How do we prepare our Stuffed Pepper?

Ingredients:

Medium sized pepper, meat, onion, garlic, red hot pepper, all-purpose flour, black pepper, cumin, parsley, vegetable broth, oregano, black olives, hard boiled eggs, bay leaves, «paria» cheese, and salt.

Preparation:

Wash peppers and cut off the top of each, (don't throw that part). Remove seeds and veins very well scraping the inside very well with a spoon.

Fry onions and garlic. Once golden add the red hot pepper, meat, and vegetable broth.

Mix with a little flour to thicken the juices, add pepper, cumin, oregano and salt and cook for five more minutes. Fill the peppers adding one olive and a piece of hard-boiled egg, place a slice of cheese and cover with the top of the pepper we removed at the beginning. Bake 30 minutes.

Tip:

Fill the edges well with the meat so they do not burn or dry out when baking.

Boil the peppers in water with sugar and vinegar but only once and for ten minutes.



Vegetarian: VEGETABLE STUFFED PEPPER

We apply the same preparation technique as for meat stuffed pepper but this time we fill it with vegetables and Seitan or Gluten meat.

Seitan or Gluten

Seitan is a food originated in Japan. It has the appearance of a brown mass and is also known as gluten, the wheat protein, which is obtained by treating the grain. Gluten is present in many cereals and is normally obtained from wheat by a washing and kneading process, separating the starch. It is also commonly known as «vegetable meat» and it's an excellent way to make the most varied and complete diet. The taste of this food is very soft, easy to digest and its energy value is reduced, about 125 calories per 100 grams.

Dessert: AGUAYMANTO BAVAROISE

Beat egg whites with sugar. Apart beat the egg yolks in a double boiler with the starfruit (*Averrhoa carambola*) juice and remaining sugar. Pour hydrated unflavored gelatin and fold in everything. Serve in molds and refrigerate. Garnish with a sauce made by reducing the red wine with orange peel, sugar, cinnamon and cloves.



CARROT CREAM:

Did you know that carrot (*Daucus carota*) comes from Afghanistan in central Asia? It was the Muslims who introduced it to Europe through Spain where it was grown for the first time. Carrot has high content of beta carotenes, substances that have the capacity to prevent cardiovascular illness and cellular aging due to their anti-oxidant properties. This root is very well-known for its anti-anemic and re-mineralizing properties. It purifies blood and is known to strengthen the immune system, due to the amount of beta-carotenes that the organism turns into vitamin A.



How do prepare Carrot Cream?

Ingredients:

Carrots, 1 onion per Kg of carrot, 1 medium potato for Kg of carrot, milk.

Preparation:

Boil all peeled vegetables in a pan, with just enough water to cover them. Cook well and blend. Pour back into the pan, without letting it boil again. Add salt, pepper and milk.

Tip:

Do not let boil a second time, especially after adding milk.

CHICKEN IN COCA SAUCE:

The first traces of Coca leaf that have been found date from of the 2500 years BC. These were small bags filled with coca leaves that were buried next to death people with the purpose of guiding and feeding them during their trip to the next world. Before the colonization, coca leaf use was broadly extended, being used as exchange currency, expression of friendship and in religious ceremonials. Coca leaf is not a drug.

«Muña» (*Minthostachys*) is a pre-Columbian Peruvian herb with proven digestive benefits.



How do prepare Chicken in Coca Sauce?

Ingredients:

Chicken pieces, butter, coca leaves, coca tea, corn starch, a shot of Peruvian Pisco, salt and pepper.

Muña leaves (optional)

Preparation:

Season the chicken pieces in salt and pepper. Gild them in butter and some oil so they do not burn. Add muña and coca leaves and simmer on medium fire together with coca tea for about 30 minutes. The liquid will evaporate at the same time it cooks the chicken. The evaporation will prevent coca bitter flavor into the chicken. For the sauce, dilute corn starch in Pisco, add to preparation and wait until it thickens as desired.

Tip:

Garnish with coca and muña leaves.

ARABIAN RICE

A Spanish legacy brought to the colony which went through a crossbreeding in the Americas with the use of local ingredients. It's lightweight and inexpensive, served at Christmas parties or original dinners. Slightly sweet rice used as side dish for stronger flavored dishes. Excellent for people who like sweet and salty flavors combined. They will love it and it will be very easy to prepare.



How do we prepare our Arabian Rice?

Ingredients:

Rice, vermicelli noodles, raisins, chopped nuts, diced pepper, garlic, salt, pepper and a cup of coca cola.

Preparation:

Fry the noodles in a pan until gilded, then dry them on a napkin. Prepare a seasoning with garlic for the rice adding the nuts and raisins with the water and coke. Simmer the rice and serve.

Tip:

It can be garnished with pecans and parsley. The brown color is attained using the coke but it can also be used curry.

GLAZED SWEET POTATO

Sweet potato (*Ipomoea batatas*) is a sweet edible tuber, very tasty as an accompaniment to many dishes and desserts.

Ingredients:

Sweet potatoes, orange juice, cinnamon, cloves, butter, water, brown sugar and chopped nuts.

Preparation:

Boil the sweet potatoes al dente. Put away from fire, peel and cut them into slices and put them in the container where they will be baked.

In a pot heat water or orange juice with cloves, butter, sugar and cinnamon. Wait for this to reduce for a moment and then remove.

Cover the boiled sweet potatoes and sprinkle them with nuts, then bake them on high fire for 20 minutes. Caramelize, remove and serve.

Tip:

Use yellow sweet potatoes.



Vegetarian: MOZZARELLA CHEESE CANELLONI

Canelloni are stuffed with a preparation of spinach, mozzarella cheese, eggs, grated cheese, salt and pepper. They are served with pomodoro sauce made of tomato, oregano, sugar, and mashed hot pepper. Sprinkled with grated Parmesan cheese and then baked for a few minutes. Grated cheese can be sprinkled on top before serving and enjoying.

Dessert: THREE MILKS SPONGE CAKE

This is a sponge cake soaked in three milks literally. The dough is made beating egg whites and gradually folding in the sugar and sifted flour. Then it is baked for 20 minutes at 170°celsius and removed. Gently prick the cake before soaking it by pouring the three different milks until well wet. Garnish with whipped cream, cinnamon and chocolate filigree.



TACACHO

The best «tacachos» from eastern Peru come from bananas perfectly roasted over coals, crushed in a mortar and mixed with lard. Bananas come from Asia. They were the Portuguese conquerors who in 1516 introduced its cultivation in the New World. Bananas have a high nutritional value and have fine digestive properties. They are recommended for people with stomach ulcers and constipation, high cholesterol and anemia.



How is the typical «Tacacho de la selva» prepared?

Ingredients:

Bananas (Plantain) lard and salt.

Preparation:

Peel the bananas. Flame-roast them until cooked, cut them into pieces. Grind them in a mortar together with lard. Add salt and serve in the shape of small balls.

Tip:

Plantains may be fried if it is not possible to roast them!

SECO

Meat gilded in garlic, red pepper and pepper, combined with cilantro, beer, peas, potatoes and carrots.

It is cilantro what gives the sauce of this dish its green velvety color. Seco has eastern roots. Cilantro is one of the aromatic herbs that were incorporated to Peruvian cuisine from Arabia by the Spaniards. It is true that when Spaniards arrived to Peru, they inevitably brought the wisdom of old and enlightened peoples: the Arabs. The Moor spellbound, inspirer of the «celosía» latticed balconies (moucharabies), of women hiding in veils and of legends, forged the personality of Lima and clearly influenced our food. It is said that in 1533 around 500 female Moor slave women arrived to Peru from the Moor towns of south Spain and Morocco. As concubines and maids they influenced Peruvian cuisine, introducing some sweets and cilantro.



How do we prepare the famous Seco?

Ingredients:

Crosscut ribs in pieces, «chicha de jora», ground garlic, yellow hot pepper, minced onions, meat broth, shredded «loche» squash, minced cilantro, green peas, brunoised cooked carrot, salt, cumin and pepper.

Preparation:

Early before preparation, macerate the ribs in the «chichi» and garlic. Later, gild ribs in oil. Apart stir fry garlic and hot pepper and cook them for 10 minutes. Add onions and the «loche» squash, cook for 15 more minutes. Add ribs and broth, season and cook for an hour. Add the peas, carrots and liquefied cilantro. Cook for 2 more minutes and serve.

Tips:

You can replace «loche» squash by pumpkin. Seco must be juicy instead of dry. Serve with white potatoes.

BEANS

Seco is always accompanied with beans seasoned with bacon, garlic, red hot pepper and spices. Beans (*Phaseolus vulgaris*) have their birth certificate in America; beans have been found in the old Peruvian pre-Hispanic tombs. They were cultivated in the Peruvian Andes more than 7000 years ago. They are rich in proteins, carbohydrates, phosphorus and calcium.



Which is the trick of our beans?

Ingredients:

Beans, bacon, minced onion, garlic paste, red hot pepper paste, ground tomato, ground oregano, salt and pepper.

Preparation:

Soak the beans in water from one day to the other. In very hot oil fry the bacon and if you wish pork chunks. Once gilded, take them out of fire and set aside. In the same frying pan add the onions, garlic, red hot pepper paste and the ground tomato. Once ready, add back the bacon and pork chunks. Pour in the beans and fresh water to cook these on hot fire. Boil and season them with salt, pepper and oregano. Once boiled, lower down fire and let cook.

Tip:

Soak beans from one day to the other in water with a little baking soda.

Vegetarian: GLUTEN SECO

Our choice is to replace meat with Seitan meat and enjoy an excellent locally prepared vegetarian option.

Seitan or Gluten

Seitan is a food originated in Japan. It has the appearance of a brown mass and is also known as gluten, the wheat protein, which is obtained by treating the grain. Gluten is present in many cereals and is normally obtained from wheat by a washing and kneading process, separating the starch. It is also commonly known as «vegetable meat» and it's an excellent way to make the most varied and complete diet. The taste of this food is very soft, easy to digest and its energy value is reduced, about 125 calories per 100 grams.

Dessert: COPOAZU DELICACY

This is a delicious dessert of very smooth texture and easy to prepare, it doesn't need to be baked and we can use the fruit we like best. The base is made of egg whites whipped until stiff with sugar and copoazú. Condensed milk is added and beaten egg yolks folded in to get the required texture.

Then it is put into molds and refrigerated for a few minutes. Garnish and it's ready!



CREOLE SOUP

Typical soup from the central coast of Peru. As all of our menu, it will be served in clay pots, since they provide an unbeatable flavor, which only the clay and the artisan can transmit; these pots are known as «Maleñas», because they come from Mala, a region of the Peruvian coast.

How do we prepare our Creole Soup?

Ingredients:

Oil, garlic clove, red or yellow pepper paste, chopped red meat, tomato paste, chopped tomato, angel hair noodles or spaghetti, beef and vegetable broth, evaporated milk, oregano, salt and pepper.

Preparation:

Lightly fry garlic and pepper in a saucepan. Add the meat with the tomato and stir fry. Add the tomato paste and mix. Incorporate the broth and cook for ten minutes, add the angel's hair noodles and cook five more minutes. Season with salt, pepper and oregano. Turn off the fire and then add the evaporated milk.

Tip:

Once you put the milk you should not heat it anymore, because milk will turn into curd.



ORIENTAL SAUTÉED LOIN

China has played a very important role influencing Peruvian food. This since 1850, when the first immigrants arrived to work the land (approximately 90,000 Chinese settlers). They were the ones that introduced sautés in our cuisine.

Enjoy this mixture of meat and vegetables which combines salt and sweet, vegetable and animal ingredients and the Peruvian and Chinese cultures.

How do we prepare our Oriental Sautéed Loin?

Ingredients:

Fine loin in cubes, oil, hot pepper, red pepper in thick strips, chopped chives, zucchini in pieces, Peruvian pisco, soy sauce, sugar, pineapple in pieces, chopped ginger, pepper, sesame seeds and «chuño» starch to thicken the sauce (chuño is a dehydrated potato produced in the high Andes through a process that uses the cold and dry weather to get the water out of it).

Preparation:

Season meat with salt and pepper. Fry meat in very high fire for a couple of minutes. Lightly fry garlic, ginger and the hot pepper paste. Add bell pepper, zucchini, chives and the pineapple in small pieces. Incorporate a mixture of soy sauce, pisco, sugar and check flavor. Thicken as desired with chuño starch diluted in cold water.

Tip:

Garnish the top with sesame seeds.



Vegetarian: SAUTÉED MUSHROOMS

Our choice is to replace meat with mushrooms and enjoy an excellent locally prepared oriental style vegetarian option.

Dessert: HOME DESSERT

SQUASH LOCRO

Locro is a stew made of squash, corn and beans. It is a typical Peruvian and South American dish of undoubtedly pre-Incan Andean origin. It is prepared in various ways, being invariable its vegetarian base and the simmering for several hours. This dish is eaten all over South America and was and is the sustenance of Andean men engaged in planting and harvesting.

Its high contents of beta and alpha carotenes reduces the risk of getting prostate cancer and heart disease. This dish stimulates the pancreas regulating the levels of blood sugar and strengthening the immune system for its high content of antioxidants. It is a good laxative and body detoxifier.

How do we prepare our Squash Locro?

Ingredients:

Oil, garlic, onion, macre squash (*Cucurbita maxima*) cut in cubes, peas, potatoes, fresh cheese in cubes, «huacatay» leaves, evaporated milk, corn kernels, vegetable stock, yellow pepper, mint, green lima beans and oregano.

Preparation:

Prepare a seasoning with oil, garlic and onions adding the oregano, hot yellow pepper, salt and pepper. Add the diced squash, potatoes and cook in vegetable broth with peas. Apart boil the green lima beans and corn. After a while, check if the squash and potatoes need liquid and add the vegetable broth. Check the seasoning and add huacatay leaves, lima beans beans, corn and milk.

Tip:

Garnish with chopped fresh cheese and serve.



PORK ADOBO

Pork marinade is another Peruvian dish, typical of Arequipa cuisine; it is made of pork marinated for hours in spices, red hot pepper, vegetables and «chichi de jora». The «chicha» is prepared using one of the 35 varieties of corn that grow in Peru. It is prepared by allowing the corn kernels to germinate and ferment becoming an alcoholic beverage.

How do we prepare our pork marinade?

Ingredients: Leg of pork, onions, garlic, mashed red hot pepper, black pepper, «chicha», spearmint and, coriander, flour and stock.

Pierna de Cerdo, cebolla, ajos, ají colorado molido, pimienta negra, chicha de jora, hierbabuena, culantro, harina y fondo.

Preparation: Season pork with red pepper, black pepper, cumin and salt adding a little flour and mix. Have handy a very hot saucepan to gild pork. Then remove it to fry in the same saucepan the onions and garlic, add the rest of the red hot pepper, pepper, cumin and salt and also add the stock and «chicha». Then put back the pieces of pork and simmer for thirty minutes. Once ready, add the spearmint and «huacatay».

Tip: Do not forget to use «chicha» de jora!



MANIOC IN OCOPA SAUCE:

Boiled and alongside sliced manioc served with a sauce made of Peruvian cheese, green hot pepper abunda peanut (*Arachis hipogea*), «huacatay», onions, garlic, milk and soda crackers. Favorite dish of the southern city of Arequipa, it's the result of the union of ingredients and techniques of two continents: Europe and South America. A mixture of pre-Columbian peanut milled with hot pepper milk and cheese, contribution of Spaniards. The «chasquis» or Incan messengers took the «Ocopa», a cloth bag with enough space to keep ground peanuts, hot pepper and herbs during their trips. A lot of people ignore that peanuts are native of South America. «Huacatay» (*Tapetes minuta*) is an Andean herb related to mint. Of wide use in Peru, an «Ocopa», creole soup or stew without the taste given by a twig of «Huacatay» would be unimaginable.



How to make Manioc in «Ocopa» Sauce?

Ingredients:

Manioc or potatoes, hard-boiled eggs, olives, lettuce and «huacatay». For the sauce: «mirasol» hot pepper, Julienne cut onions, garlic, «huacatay», dry salted bread, toasted peanut, milk, oil and salt.

Preparation:

Boil the manioc or potatoes. Peel the hot peppers and remove their veins and seeds and chop them. Fry in hot oil the onions, garlic, hot peppers, «huacatay», salt and pepper. Once gilded, remove all from fire and allow cooling down. Blend mixture with the bread and peanut continue the process. Add milk, if sauce gets too thick you can add some water. Finally, incorporate the oil but if until obtaining a soft and creamy paste, taste and check season.

Tip:

You may use a blender or a «batán» to mix the ingredients. Instead of dry bread it would be ideal to prepare this recipe using «animalitos» cookies, according to Doña Lucila, famous ocopera of Sachaca - Arequipa, with her 90 years on top.

Vegetarian: GLUTEN MEAT STEW

This dish comes from European gastronomy, specially the Spanish one. The first stews were made of the animal remains after bullfights. Stew comes from the word stew and from the word stove. Adopted in our country and with a high national consumption. To stew is to cook all these foods together in a closed pot on a constant and low fire, which provokes the food to dehydrate in an even, soft and natural way, since all of them cook up on their own juices.

How do we prepare our gluten meat stew?

Ingredients: Oil, garlic, onions, potatoes, carrots, gluten meat, tomatoes, bay leaves, salt, pepper, green peas, thyme, rosemary and parsley.

Preparation: Fry in oil, garlic and onions with the bay leaves and tomatoes over low heat. Add vegetable or chicken broth and potatoes, and when potatoes are half cooked; add gluten meat, rosemary and thyme. Then season with pepper and salt adding the green peas. Cook everything on low fire until it's ready and we add some parsley to taste.

Dessert: PASSIONFRUIT SURPRISE

Delicious dessert consisting of a profiterole accompanied by a passion fruit mousse decorated with chocolate and mint leaves. Profiteroles are a pastry mass made of butter, milk, sugar, eggs and flour, heated and beaten to a liquid point which is then taken to the oven and baked until puffy. They are filled with sweet or savory ingredients. This time it's a delicious passion fruit mousse. Enjoy it!



CELERY CREAM

Exclusive recipe of Posada Amazonas Lodge in which celery cream is enriched with turnip, squash, carrots and potatoes, giving it the special touch it needs to become a smooth cream. Celery comes from the Mediterranean. Its use developed in the middle age, despite it was known already in ancient Egypt it contains 92% over water and high contents of sodium, potassium and calcium. It is used to help control hypertension and high cholesterol and it is also a very good anti-inflammatory.



How to prepare our celery cream?

Ingredients:

Celery, flour, minced onion, milk, chicken broth, nutmeg, parsley.

Preparation:

Wash the celery well and cook it in water with giblets and chicken bones. Blend with onions and some broth, strain it and add the rest of the broth. Thicken in a pan with some flour dissolved in cold water. When it starts boiling check the season and the nutmeg. Remove from fire and add the milk.

Tip:

Sieve before serving!

CHICKEN PATARASHCA

This dish is native to the Peruvian jungle, made with fish of the Amazon or chicken, prepared with ingredients from our region, wrapped in «bijao» leaves and roasted to coal. Native Cocama and Chayahuita peoples prepared it simply, using the edible hualo (giant frog) cooked in bamboo, lining the inside of the bamboo canes with «bijao» leaves and grilling it on charcoal. The Huallaga riverside towns prepared it with small fish «muspachos» and shrimps from creeks called «yucras» and at the time of the mijano, on the banks of the rivers replacing the pot with «bijao» leaves and cooking over charcoal. Patarashca is seasoned with sachaculantro, turmeric and other aromatic ingredients from the Peruvian jungle.



How do we prepare our Chicken Patarashca?

Ingredients:

Sachaculantro, tomato, onions, chicken pieces, vinegar, salt, pepper, turmeric, garlic.

Preparation:

Blend sachaculantro fresh leaves, turmeric and garlic. Apart, cut onions and tomatoes in a very fine julienne. Marinate the chicken pieces in the blended sauce and then sear in the hot pan. While searing mix with the onions and tomatoes, then wrap up in the «bijao» leaves and put them in the oven.

Tip:

Try to collect the «bijao» leaves that same morning so they are fresh and are easy to wrap with. Heat the leaves fast so they keep flexible to wrap and do not break.

LENTILS

Lentils (*Lens culinari*) are native to the Mediterranean. Accompaniment based on lentils seasoned with bacon, diced carrot, garlic, ginger, cumin, pepper and salt. Our grandmothers also prepared them the first days of the week because they are reputed to bring good luck. Hopefully this dish brings you the best of luck here at the lodge. It is very important that lentils don't break, they must keep whole.



Vegetarian: GLUTEN MEAT PATARASHCA

Our option is to replace chicken for Seitan meat and enjoy an excellent locally prepared vegetarian option with jungle style.

Seitan or Gluten

Seitan is a food originated in Japan. It has the appearance of a brown mass and is also known as gluten, the wheat protein, which is obtained by treating the grain. Gluten is present in many cereals and is normally obtained from wheat by a washing and kneading process, separating the starch. It is also commonly known as «vegetable meat» and it's an excellent way to make the most varied and complete diet. The taste of this food is very soft, easy to digest and its energy value is reduced, about 125 calories per 100 grams.

Dessert: PURPLE CUSTARD

Simmer the purple corn (*Zea mays*) in water with creole apples, pineapple peelings and flavoring. Strain all and put back with the diced fruits. Sweeten to desired taste, adding cornstarch to bind, or potato starch or flour to thicken and lemon juice. Glazed sweet potatoes accompany this custard. Sweet potatoes are just parboiled al dente and then baked with syrup.



SOLTERITO

A variety of our vegetables pre-cooked, combined mixed with tomato, cheese in cubes and seasoned with lemon and Brazil nut (*Bertholetia excelsa*) oil from Brazil nuts that have been picked up from the Tambopata tropical rainforests. Brazil nut is rich in proteins and fats and gives the salad a unique flavor and smell.

How do we prepare Solterito?

Ingredients:

White potatoes, rocoto hot peppers without veins and seeds, onions, peeled tomatoes, fresh cheese, lima beans (*Vicia faba*), grained corn, black olives, chopped parsley, vinegar, Brazil nut oil, salt and pepper.

Preparation:

Cook potatoes, peel and cut them in small cubes, cut the rocoto, the onions, tomatoes and the cheese in little cubes. Cook the lima beans and corn in water, cut the olives in pieces. Put all in a bowl and add parsley, vinegar and Brazil nut oil, season with salt and pepper.

Tip:

Once the corn and lima beans are cooked, pass them through cold water to prevent overcooking.



AJI DE GALLINA

Typical and delicious cream that combines milk, ground crackers, toasted peanuts, hot pepper (*Capsicum baccatum*) and onion, served together with shredded boiled chicken. This cream should be served over potatoes and garnished with hard-boiled egg slices and olives.

A relative of the modern hen existed in Peru during the pre-Columbian period, it was known in Quechua as «huallpa» and it was cooked with abundant hot pepper. It was of such importance that a very well known Inca takes that name: «Atahualpa», last Inca of the empire who was executed by the Spaniards. The plate you taste today is a perfect example of the fusion of Spanish and Quechua ingredients. Hot pepper is the most used condiment among Peruvian seasonings. We have 5 varieties: «Red Rocoto», native from the Andes; the Green or Yellow Hot Pepper, the Mirasol Hot Pepper which is the Yellow dry Hot Pepper; the Panca Pepper which is the Red dry Pepper and the Limo Hot Pepper, of varied colors and strong flavor.



How do we prepare Ají de Gallina?

Ingredients:

Chicken, onion, ginger, leek, celery, chicken broth. Minced garlic, yellow hot pepper paste, pepper, nuts, sesame seeds, bread soaked in chicken broth, evaporated milk, salt, pepper and cumin.

Preparation:

Boil the chicken and vegetables together, drain them. Shred chicken. Lightly fry the garlic, onions, pepper and hot pepper paste. Peel nuts and mince them finely. Soak bread in broth or milk and drain it (don't blend it). Mix everything well, adding broth and milk.

Tip:

Garnish with hard-boiled eggs in slices and black olives. Serve it over slices of boiled potatoes. If you can't find a hen it will be as delicious prepared with chicken.

Vegetarian: AJI OF GLUTEN MEAT

Our option is to replace chicken for Seitan meat and enjoy an excellent locally prepared vegetarian option.

Seitan or Gluten

Seitan is a food originated in Japan. It has the appearance of a brown mass and is also known as gluten, the wheat protein, which is obtained by treating the grain. Gluten is present in many cereals and is normally obtained from wheat by a washing and kneading process, separating the starch. It is also commonly known as «vegetable meat» and it's an excellent way to make the most varied and complete diet. The taste of this food is very soft, easy to digest and its energy value is reduced, about 125 calories per 100 grams.

Dessert: CARAMEL CUSTARD

Delicious and easy to prepare dessert made up with milk whipped with eggs and vanilla essence. We strain it and pour it into caramelized molds to serve. The candy is made with sugar in water enough to cover it simmered until thick that is ready to use. You can decorate this dessert with Brazil nut franillette or curls of candy.



TOMATO CREAM

Did you know that tomatoes (*Lycopersicon esculentum*) are native to South America? Thousands of years ago they grew wild in the Andes. After arriving to Mexico they were domesticated and cultivated for the first time and they were called «xitomat!» («the fat one»). From there, the conquerors took it to Spain and by XVIII century, its use became popular. Tomato is composed of 95% water and 4% carbohydrates; it's a source of potassium and magnesium, vitamins B1, B2, B5, vitamin C and carotenoids such as lycopene which is the pigment that gives the characteristic red color to tomatoes.



How do we prepare our tomato cream at the lodge?

Ingredients:

Minced onion, garlic clove, minced and skinned tomato, oregano, tomato paste, chicken or vegetable broth, flour, milk, salt and pepper.

Preparation:

Fry onions with garlic and tomato. Add oregano and tomato paste. When all this is cooked well, add the broth and the flour dissolved in just a little bit of water. Boil until it thickens, add salt and pepper. Blend and strain. Add some milk.

Tip:

The riper and more crushed tomatoes are the better. You can add croutons.

STIR FRIED SPAGHETTI WITH LOIN:

A typical dish product of the union of two cultures, the Chinese one and ours. The most important element is the fire, without the ingredients. Without it, the ingredients you will taste would lack color and have little flavor. The fire of the stir fry surrounds everything, giving the dish a personality we hope will please you. If you see from the dining room a large flare in the kitchen, do not panic, we are preparing the stir fry.



How to prepare the stir fried spaghetti with loin?

Ingredients:

Spaghettis, fine loin, tomato in pieces, julienne onions, cabbage, julienne yellow hot pepper, minced chives, oil, vinegar, soy sauce, minced parsley, rocoto hot pepper, and salt.

Preparation:

Cut fine loin in strips, season and fry at very high fire until gilded but juicy. Add the julienne onions and hot pepper, tomato in pieces, cabbage in thin slices and minced Chinese onion. Add spaghetti already cooked al dente and continue stir frying; add soy sauce, vinegar and salt.

Tips:

It is important that meat is juicy inside and vegetables are crunchy outside and juicy inside. The secret for the flavor is frying spaghettis for a moment. You can add Chinese bean sprouts.

MANIOCS IN GARLIC SAUCE:

Manioc grown and harvested by members of the Native Community of Infierno, cooked and gilded in oil, combined with a sauce, secret recipe of our Chefs.

How do we prepare our famous Manioc in Garlic Sauce?

Ingredients:

Manioc, salt, eggs or milk, oil and garlic.

Preparation:

Peel and cut manioc in long pieces. Cook in hot water with salt until maniocs are soft. Drain and let cool, remove the hard veins of the inside and cut in small sticks. Fry in very hot oil until gilded. For the sauce, prepare a mayonnaise with garlic, salt, pepper and egg or milk and cover the manioc sticks.



Vegetarian: STIR FRIED SPAGHETTI WITH GLUTEN MEAT

Our choice is to replace the fine loin by Seitan meat, and enjoy an excellent locally prepared vegetarian option.

Seitan or Gluten

Seitan is a food originated in Japan. It has the appearance of a brown mass and is also known as gluten, the wheat protein, which is obtained by treating the grain. Gluten is present in many cereals and is normally obtained from wheat by a washing and kneading process, separating the starch. It is also commonly known as «vegetable meat» and it's an excellent way to make the most varied and complete diet. The taste of this food is very soft, easy to digest and its energy value is reduced, about 125 calories per 100 grams.

Dessert: LEMON BAVAROISE.

Beat egg whites with sugar. Apart, beat the egg yolks with the lemon juice and remaining sugar in a double boiler. Pour hydrated unflavored gelatin and fold in all ingredients. Serve in molds and refrigerate. Garnish with a red wine sauce reduced with orange peelings, sugar, cinnamon and cloves.

